



Is my child sick? Should I send my child to school?

As parents, we face many dilemmas concerning our children. One of the problems that can occur that may cause us to second guess our decision is when our children complain they do not feel well.

Someone has to make a decision about the child's day. Do they stay home or do they go to school? What is the right decision? We don't want you to keep your children home if they are not really sick, yet we do not want you to send a child to school if they are sick.

This document is not meant to be medical advice, but it is to serve as a guideline to help in the decision making process. Above all, always ask the question, "If the tables were turned, would I want my child exposed to the sickness especially if they have auto immune deficiencies, or what if my family was planning a vacation soon, could this be contagious enough to ruin that vacation?"

FEVER Fever is the number one reason to keep a child home. This is a signal that something is not right with the body. If a child has a fever over 100 degrees, they should stay home. They say a child should stay home until they are fever free without medication for 24 hours. Often a child may break a fever, but then begin to spike again in a few hours. Rushing a child back may actually prolong the sickness. Many children may run a low-grade fever, but are still okay to come to school.

COLDS The common cold presents the parent the greatest dilemma. If your child has a cold with a controllable cough and no fever, they should stay in school. They may not be in top form, but they are still well enough to attend school. If the cough is uncontrollable, then a day of rest may be necessary.

SORE THROATS If your child complains of a sore throat and no fever is present, send them to school. However, if they have white spots in their throat or have a fever, then keep the child home and contact your doctor.

RASH Rashes are usually a sign of a childhood illness or an allergy. If this is a first time with a rash, the child should probably stay home and be observed along with contacting your doctor. Remember rashes can cover the entire body or just a small area.

STOMACH, VOMITING, DIARRHEA If your child is having frequent stomach aches that limit activity, please consult your doctor. If a child is vomiting, or has diarrhea, please keep them home until all is under control. Usually a child should not have had an episode for at least 24 hours in order to return to the classroom.

PAIN

TOOTHACHE Contact a dentist

EARACHE Contact your doctor

HEADACHE A child whose only complaint is a headache, usually should be in school.

SICK CHILDREN BELONG AT HOME. WELL CHILDREN BELONG AT SCHOOL

At times, children have been known to be kept home from school for other reasons than illness. Unnecessary absence from school may have a bad effect on a student's attitude, work habits, and progress. If your child is absent from school, we ask that you make every effort to pick up your child's school work so they can remain current.